

Community Fall Prevention Program

Free Fitness Classes for 2016

Sponsored by RCMS, Coastal Seniors & Redwood Coast Recreation Center

"Young At Heart" Senior Strength Training

The goal of this class is to improve range of motion, increase muscle strength and improve balance. This class is offered at different times and locations listed below.

Point Arena Monday, 10:30 - 11:30 a.m.	Location: Stella Circle Hall on Mill Street Contact: Barbara McClintock, 847-3035
Point Arena Thursday, 10:30 - 11:30 a.m.	Location: St. Paul's Methodist Church Contact: Barbara McClintock, 847-3035
The Sea Ranch Monday & Thursday 11:00 a.m. – 12:00 p.m.	Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.) Instructor: Rotating Leaders Contact: Sue Denevan, 785-2597
Gualala Wednesday, 10:00 – 11:00 a.m.	Location: Gualala Community Center Contact: Barbara McClintock, 847-3035

"Young At Heart" Aerobics

The goal of this class is to increase cardiovascular endurance and strength, and improve balance and flexibility.

The Sea Ranch Tuesday, 9:00 – 9:45 a.m.	Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.) Contact: Jeri Taylor, 785-3761
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Stretch Your Limits

This class is appropriate for all levels although the majority of the class is done on the floor. (Please bring a mat and a stretch strap or borrow one from the instructor.)

The Sea Ranch Thursday, 12:15 – 1:15 p.m.	Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.) Contact: Denny Gold, 785-2208
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Yoga Classes

The goal of these classes is to increase flexibility; increase muscle strength and tone; improve respiration, energy and vitality; and improve balance. Classes are appropriate for all levels. (Please bring a mat or borrow one from the instructor.)

The Sea Ranch Monday, Wednesday, Friday 9:30 – 10:45 a.m.	Location: Del Mar Center Hall (Leeward Spur/Leeward Rd.) Instructor: Rotating Leaders Contact: Steven Winningham, 785-2939
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Thanks to Point Arena Druids, St. Paul's Methodist Church, Gualala Community Center and The Sea Ranch Association for the use of their facilities.